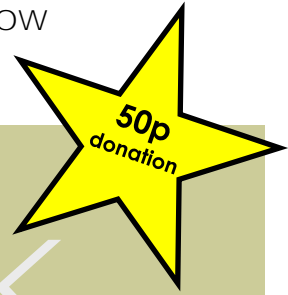


The Area Magazine for Lewdown, Stowford, Thrushelton,  
Lewtrenchard, Chillaton, Coryton & Marystow  
April 2026



community  
**newslink**

for all that's going on in your area...



Published by the Lewdown Residents Association

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Floodline 0345 988 1188

**Parish Clerks**

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Geoffrey Cox 01822 612925

**County Councillor**

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**Borough Councillors**

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Neil Jory 01822 860342  
Bridestowe Ward  
Terry Southcott 01566 783079  
Caroline Mott 01837 861212  
Tamarside Ward  
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Lifton 01566 784288  
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Lamerton Pony Club 01822 860350  
Lewdown Past 01566 783396  
Lewdown Residents Assoc. 01566 783320  
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Lifton Benefice Churches  
Revd Philip Conway 01566 784462  
[liftonpriest@yahoo.com](mailto:liftonpriest@yahoo.com)  
Lifton Surgery 01566 784788  
01566 784111  
Red Spider Company 01409 221376  
Recreation Field 01566 783367  
Stowford Hall 01566 783223  
Victory Hall 01566 783267  
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Young Farmers 07443 461344

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West Devon Women's Aid 01837 55228  
Age Concern 01752 665424  
Health Information Line 0800 665544  
Homelessness Trust 01822 615259  
Parentline 0800 8002222  
Relate 01392 275681  
Samaritans 08457 909090  
Tavistock Area Support Svcs. 01822 616958  
Age UK 01822 616958  
Transport to Health 01822 617525  
Victim Support 01822 820455  
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**Shop & Post Office**

The Shop @The Blue Lion 01566 783238  
Lifton PO & Stores 01566 784211  
Bridestowe PO & Stores 01837 861321

**Front Cover Picture**

**Description**

*Stunning riverside walks through a wooded valley on the edge of Dartmoor. Beautiful at any time of year, Dunsford is famous for its wild daffodils in early spring.*

*Photo: Alan Francis*

**newslink archive**

[www.rawrationsplus.co.uk/lraarchive.html](http://www.rawrationsplus.co.uk/lraarchive.html)

For us to be able to print and distribute the community newslink it costs approximately £500 a month.

Please make an annual donation of £5+ for yours to:

Account name: Lewdown Residents Assoc.  
Sort code: 090154  
Account number: 97666081

Thank you for your support

# community newslink

Produced by Lewdown Residents Association

A magazine providing news, information & items of interest for the areas of Lewdown, Stowford, Thrushelton, Lewtrenchard, Chillaton, Coryton & Marystowe

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All news, photographs, reports, events, etcetera for NewsLink need to be sent to the Editor by the 15th of the preceding month.

We welcome your articles / items / advertisements. Though we do our best, we cannot guarantee to publish all that is sent to us.

B&W advertising in newslink is free for Charity events in our local areas.

Adverts for events outside of the area and for businesses are priced as follows:

	Black & White	Colour
1/4 page	£4/month or £40/year	£6/month or £60/year
1/2 page	£8/month or £80/year	£12/month or £120/year
Whole page	£12/month or £120/year	£16/month or £160/year

Please note that advertising prices are subject to VAT at 20%

*Sad news dear readers. I went to the doctors the other day complaining that I kept thinking I was a piece of bacon. It's all right now as the doctor said I would soon be cured.*

**In last month's edition...** there was a recipe for roast chicken and rhubarb. I have an alternative recipe for you to try. Cooking time approximately 2 hours. Put your chicken in oven and roast, adding veg when and if required.

Cut up rhubarb into 1inch pieces, put butter into a frying pan and turn up on a high heat. When pan is spitting, throw in rhubarb and seasoning to taste, plus lots and lots of chillies, the hotter the better. When the items have been reduced to a charcoal, open door and throw in dustbin, it will stop the foxes, crows ripping your bags on rubbish day. Finally sit down and enjoy your chicken, and perhaps a nice glass of wine.

As you may have guessed I can't stand RHUBARB. Here endeth my rant of the week.

As you might be able to guess we in the Nash household have been nowhere, and done nothing very much over the last few weeks, so I am having to resort to ruining your evening by including more bad jokes, although some of you might be happy about this, isn't that right Kaz.

We have been to the halls of Cornwall though, and seen the ultimate musical experience, where you are encouraged to sing along to the best of one's abilities, they even put the words up on the screen behind the performer's, which is always handy . A great night was had, and no one noticed my lack of musical talent.

Will close now as I am making a steam engine which I was given as a Christmas present. It might be a bit problematic when it comes to lighting up to get steam, as it's made of balsa wood.

Best wishes to you all from Tim Nash.

*PS. I recently started work making Dracula dolls, there is only myself and one other person making them.*

*So I have to make every second count.*

*Pls. If anyone wants to buy a broken puppet, come and see me for a no strings attached sale.*

# Soupa Troopers

All welcome to this community event



Wednesday April 8th

From 12.30pm in Lewdown Victory Hall

Soup and a Bread Roll, Tea or Coffee - £4

Followed by conversation & games



## Draw Results

### January

- £15 Roy Stacey #130
- £5 Sarah Craddock #158
- £5 Kim Brook #115

### February

- £15 Jonathon Nash #174
- £5 Victory Hall #89
- £5 Liz Metherell #100



### March

- £50 Liz Metherell #100
- £15 Dale Snowden #1
- £5 Richard Hill #124
- £5 Dave Crocker #150

From the Editor:

An update on Openreach... When I log in to My BT it now informs me that Full Fibre is coming to Lewdown and that I can expect speeds up to x25 faster than standard fibre. Obviously work was not complete by the end of February but I received an email then from the projects Chief Engineer advising that there are some decayed poles, and other issues, that require further work on them before full fibre broadband can be released. They have advised that they are expecting to complete this at the end of March but again, this is an estimated date and is subject to change.

Still hopefully not much longer now!

Ed ☺

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## Farming Report

Spring is well and truly here with some long awaited sunshine and new life being born here on the farm. At the time of writing we've had a set of twins, the same cow had twins last year as well, 3 heifer calves and a bull calf. They're all going on well and running around the pen.

The weather just came right at the start of March to get the slurry out as the towers became full. Lambs have been going to the abattoir as well with the trade slowly increasing due to the Ramadan festival and Easter soon approaching. The next month or two will become busier with the spring tractor work and fencing, the cattle will soon be in the fields before we know it.

Becky Dennis



# The Shop @The Blue Lion, Lewdown

Here is a selection of some items the shop offers:

Fruit & Veg

Drinks & sweets

Foxcombe Bakery

Local bottled/canned beers

Newspapers & magazines (to order)

Fresh Bakery

Fresh meats (to order)

Local Jams, Chutneys & Honey

Cleaning products

If there is anything you would like us to stock please let us know and we will do our best to get it.

Opening Hours:

Mon-Fri 09:00-11:00 & 15:00-16:00

Sat 10:00-12:00

Sundays Closed

We will also open during quieter times when the pub is open

## Table Tennis

@Stowford Village Hall

**Ping Pong at the Village Hall!**

A fun way to keep active, meet new people & unleash your inner champion  
Join us for **Table Tennis**, no experience needed, just bring energy and a smile

All ages welcome - Bats & Balls provided

Friendly games, plenty of laughs. Whether you're a beginner or a backhand pro, it's the perfect midweek pick-me-up!

Tuesday 7th April 2026

Tuesday 21st April 2026

19:00 - 21:00

Donations welcome



# Gardening Jobs for April

After last month's article all about seeds, this time I'm going to share my top tips for growing on and looking after seedlings. Plus, in a new edition to the article, each month I will pick one fruit or vegetable to do a 'crop of the month' section and this month I've picked Rhubarb!



## Looking after young plants

Whilst seeds generally need more warmth than light to germinate, young seedlings & plants need as much light as you can give them.

A greenhouse or polytunnel is ideal, because even if not in full sun, the space is much brighter than in the house. A cover is essential, as heavy wind can snap young stems and heavy rain can destroy a tray of seedlings by crushing or splashing them.

Young plants should be watered carefully, lift pots or trays to see how heavy they are. Unless modules are allowed to dry out completely in the baking sun, young plants are far more likely to suffer from over watering than under watering.

## Potting on

Lots of crops can be sown into modules and planted out from there, for example things like beetroot and onions can be multi sown and then planted out as a small clump.

Whereas there are other crops, such as brassicas, which have very small seeds and don't always germinate well so are better sown in a seed tray and then the strongest seedlings can be pricked out into individual cells of a module tray.

Potting on is also important when certain vegetables, like cucumbers & tomatoes, outgrow their pots before they are ready to plant out. This could be because the weather isn't quite right to put them in the garden or maybe space isn't available yet.

## Crop of the month - Rhubarb

Growing advice - this is a crop which is largely hassle free and needs little care, but it is recommended to stop picking stalks by July to allow the crowns time to recuperate ahead of the next growing season

Top varieties - neither of my plants are known varieties, one came from my Grandad and the other came from famous gardener Charles Dowding

Best ways to eat - baked in a crumble or a cake, or used to make a syrup

How to store - best picked and used fresh, but can be chopped up and frozen or wrapped in a damp kitchen towel and stored in the fridge for up to a week

Other notes - stalks should be twisted and snapped off, not cut!



## May the weather be with you!

Liam

Stowford  
Parish Hall



# 35 YEARS CELEBRATION

BARBEQUE, MUSIC, GAMES AND MORE

BURGERS/HOTDOGS  
LIGHT REFRESHMENTS

MONDAY, 4<sup>TH</sup> MAY 2026  
2.30 - 5.00PM



Meet up, have a chat

Browse our stalls

- \* Plants \* Cakes \*
- \* Tombola \*



Includes:

Tea/Coffee

and

A slice of Cake

## Lewtrenchard WI Coffee Morning

Saturday April 25<sup>th</sup> 10:00 - 12:00

Lewdown Victory Hall

£5 adult / £3 child / Card payments accepted

Raising Funds for Lewtrenchard WI Centenary



# STOWFORD COMMUNITY COFFEE MORNING

Come and meet your neighbours for a coffee, cake and catch up!

We meet on the first Tuesday of every month at Stowford Parish Hall.  
10am - 12noon. All friends and family welcome.

£3 per person (cash only) which includes a hot drink and homemade cake.

All profits are donated to a charity chosen by villagers.

If you need help with transport, please contact Tracy on 07973 327161



## Stowford's



at Stowford Parish Hall  
**Thursday 9th April 7.30pm**

This is the last quiz this season - we look forward to seeing you in the autumn

£4 per person at the door Teams of 2 - 6 people

Bring your own drinks, we provide the nibbles.

(All profits go to charity)

# Village Skies by The Watcher on the Hill

As the month commences, our nights are shortening by around four minutes each day, speeding the disappearance of the Winter constellations from our twilight western skies. The signature Spring constellations of Leo and Boötes dominate to the south, but between them lies a small, apparently featureless patch of sky bearing the exotic name **Coma Berenices (Berenice's Hair)**. The constellation is an ancient one, being named for the wife of Ptolemy III of Egypt. Below it lies the more obvious grouping of Virgo, and within their combined boundaries lies a notable concentration of thousands of galaxies, each typically being – like our own Milky Way – a home to hundreds of billions of stars. While too faint to be seen with the naked eye, the brightest are just barely visible in binoculars as smudges of light, and my ten-inch telescope shows a few dozen of them. Amateur astronomers sometimes call this time of year “galaxy season” because of their abundance in this region of sky.

The giant planet Jupiter is still the brightest object in the night sky, but if you're up about half an hour before sunrise (06:48) on the morning of the 3rd, you might be able to spot tiny Mercury as a bright spec close to the eastern horizon. Binoculars will help, but please be very careful not to look at the sun accidentally.

The night of April 22nd, and into the morning of the 23rd, sees the annual appearance of the Lyrid meteor shower. While not the most prolific of the year, it should still average around ten “shooting stars” per hour. They are caused by small grains previously shed by comet Thatcher, whose dusty path the Earth runs into at the same time each year. Hitting the upper atmosphere at 100,000 miles per hour, they burn up quickly and brightly. These occasions can sometimes be spoiled by a bright moon, but this year the moon will be low in the west, and only five days old. The consistency of these orbital encounters means that the paths of the meteors always seem to radiate from a single point in the sky, within the constellation Lyra – hence their name. Lyra will be found low in the north east, but the meteors can appear anywhere across the sky. The best way to see them without getting a stiff neck is lying down in a deckchair, pointing roughly northwards, in the middle of the night. Wrap up warm!

# From Delft to Devon

My family history by Peter van Delft - Part Four  
Hendrik 1745-1815, 4 x Great grandfather

Pieter was the youngest child of Hendrik (4 x Great grandfather). Much of the assets went to the eldest son of the family so Pieter had to go out and find his way in life, without any help from the family. That being said, he lived in the same village, Noordwijkerhout. This provided opportunities with the newly built canal.

Canals were the new 'motorways' for travelling around the country. Pieter was fortunate enough to get a job working on a "taxi barge". This bonus possibly came about from his mother's family, that owned a small fleet of barges.

Like modern taxi's, he would pick up travellers from his village and travel down the canal system. The stops were Leiden, Delft and finally Rotterdam. He would obviously stop off at the various villages on the way to drop off passengers and then pick up new business. This work was well paid. Eventually he bought his own barge and built up a regular business focusing on transporting farm produce and flower bulbs.



Pieter was not only busy with work, he was also busy in his private life. He married twice and fathered ten children. The first wife died soon after giving birth to their first son. He was named after Hendrik Pieter's father.

Whilst looking into the various documents of the time, Esther and I encountered some issues finding the names that were registered in the censuses. For example; the census of 1829 stated that two of Pieter's daughters were originally registered by their 'Pet' names and not their actual birth names. Catherine was recorded in the census as 'Fripetje' whilst Maria was recorded as 'Arytya'. This was at first challenging, but when we finally found all the family documents we were able to put all the dots together.

Pieter's registered profession in the census was 'Beurtschipper'. Roughly translated it is "in turn barge owner". Meaning he would take it in turns to pick up business. Like a taxi rank.

# Family Easter Hunt

The Forgotten Gardens  
Next to Lewtrenchard Church

£5 per child - Receive an egg  
when you complete the hunt!

Saturday 4th April  
10am to 12pm

Friends of Treetops  
Charity no.1205367

Prebooking at:  
[www.bookwhen.com/treetopsevents](http://www.bookwhen.com/treetopsevents)

See you there!



# Stowford Parish Council



## Meeting No 740 Minutes of Ordinary meeting held on 10th March 2026

These minutes are provisional until they are signed by the chair at the next meeting of the parish council.

Present: Cllrs Law (Chair), Alexander, Lorna St Louis, Terry. Peter van Delft (clerk)

1. Apologies - Cllrs Leroy St Louis, Chick, Jackson, Cllr Edmonds (WDBC).
2. Members of the public open forum - none present.
3. Dispensations & declarations of interest- Cllr Lorna St Louis item 14.
4. Minutes of previous meeting 739 were signed as a true and accurate record of that meeting. Proposed Cllr Lorna St Louis, seconded Cllr Alexander
5. Cllr Edmonds of WDBC reported via email. There is no significant parish news at the moment.
6. Finance - 6.1 Payments were authorised for the following invoices; Peter van Delft - clerk salary (Feb/ March) £370.30, HMRC - PAYE £0.20, P van Delft - Refund clerk expenses £173.98. Proposed Cllr Terry, seconded Cllr Alexander, all in favour. 6.2 R.F.O. reported a credit balance after payments £3,884.57, proposed Cllr Alexander, seconded Cllr Lorna St Louis, all in favour.
7. Dog fouling - Nuisance dog(s) / dog(s) off leads - Cllrs Law and Lorna St Louis had observed that some dogs were off leads around the church, M.L.O. report will follow at the next meeting.
8. Reports from Councillors - Cllr Law enquired if any information was forthcoming from Openreach regarding the completion of the new Fast Fibre Broadband. The clerk informed that voucher holders should have received an extension to supply FFB to customers, if they have not, customers should contact Openreach for an update.
9. Table Tennis - promotion and organisation. Cllr Lorna St Louis reported that the T.T. was very well supported with an average of 8-10 individuals participating on the evening events. Future dates will be advertised in the Newslink.
10. Parish Questionnaire - draft questions. Held over to the next meeting.
11. Highways reports - None reported.
12. Mobile phone training - Training programme for parishioners, update. Cllr Lorna St Louis reported that both of the bi-sessions had been very well attended and that the attendees had found the training most helpful.
13. V.E. Day 75yr commemoration tree - Cllr Terry offered to plant the replacement tree.
14. Correspondence - Letter from Stowford Parish Hall committee, ref - defibrillator future. It was resolved that since the whole parish could benefit from the availability of this vital equipment, then it would be reasonable for all parishioners to contribute a little for the maintenance and upkeep of the defibrillator. Cllr Lorna St Louis suggested and requested that the Stowford Parish Hall committee continue to monitor the equipment and report back to the parish council of any uses and if any pieces of equipment needed replacing. Motion proposed Cllr Law, seconded Cllr Alexander, all in favour (Cllr Lorna St Louis didn't vote)

The clerk provided an information sheet from Dr Pahdi Harpreet, Dr Harpreet heads with volunteers the local BASICS emergency pre-hospital health care. It was resolved to contact Dr Harpreet and ask if he would do a presentation at a p.c. meeting. The clerk to arrange.

Date time & place of next meeting: Annual Parish & Ordinary 14th April 2026 - 7.30pm at Stowford Parish Hall

## NewsLink Articles Required

We need articles for your magazine so why not write about or photograph your hobby, pastime or favourite sport and then send to the editor: [newslink@hedger.biz](mailto:newslink@hedger.biz)

Thank you ☺

# Devon Wildlife - Oak Marble Gall Wasp

The oak marble gall wasp produces brown, marble-shaped growths, or 'galls', on oak twigs. Inside the gall, the larvae of the wasp feed on the host tissues, but cause little damage.

Habitats: Grassland  
Heathland and moorland  
Farmland, Woodland  
Towns and gardens



Statistics: Diameter of gall: up to 2cm

About: The oak marble gall wasp, *Andricus kollari*, is a tiny wasp that causes galls on oak leaves. Clusters of oak marble galls (also known as 'oak nuts') can be found on oak twigs. They turn brown as they mature and emergence holes, from which the asexual adults have escaped, can be seen from autumn onwards. The empty gall is left on the twig. The emerging females then lay eggs in the buds of Turkey oaks, which develop overwinter and emerge in spring as a sexual generation of males and females, ready to make the familiar summer gall.

How to identify: The oak marble gall wasp produces hard, woody, marble-like balls that can be found on oak twigs, often in clusters.

Distribution: Widespread.

Did you know: The closely related *Andricus fecundator* causes 'artichoke galls' on oak buds, so-named for their distinctive shape and look. Each 'artichoke' is inhabited by a single larva in a hard casing that is released in autumn. The adults emerge in spring.



# Hand Exercises for Arthritis

Gently exercising your fingers and thumbs with a hand workout can improve their range of motion and decrease arthritis symptoms. Do the following exercises once a day or every other day to help improve your hand strength and mobility.



**Grip Strengthenener:** Squeeze a hand-exercise ball as hard as you can and hold for 5 seconds, then release.



**Gentle Fist:** Hold your hand out with fingers straight, palm down. **Slowly bend your hand into a loose fist (don't squeeze), with your thumb on the outside.** Re-open your hand, stretching your fingers straight. Repeat 10 times; switch hands.

**Finger Rolls:** Bend the joints at the middle and ends (PIP and DIP joints) of the fingers. Bend the joints at the base of the fingers (MCP joints) to make a fist. Hold for 5 seconds. Extend the finger joints in reverse order, straightening the MCP then the PIP and DIP joints. Repeat 5 times; switch hands.



**Finger Bends:** Hold your hand sideways with fingers straight and thumb pointing upward. Bend your thumb toward the palm. Hold two seconds, then straighten. Repeat with each finger individually 5 times; switch hands.

**O Shape:** Hold your hand with fingers straight, palm down. Curve your fingers inward until your thumb and fingers touch, forming an "O" shape. Hold for 5 seconds. Repeat 5 times; switch hands.



**The OK:** Keeping thumb joints slightly bent, open your hand as if trying to grab a bottle. Bend the thumb and finger joints to touch the index finger and thumb tips together. Open hand again and repeat with each finger individually 5 times; switch hands.

**Finger Lift:** Place your hand flat on a table, palm down and fingers straight. Slowly lift your thumb off the table, hold for 2 seconds, then lower it. Repeat with each finger individually 5 times; switch hands.



**L Shape:** Place your hand on a table, pinky side down. Keeping your thumb pointing up, bend the other four fingers inward until they make an upside-down "L" shape. Hold for 2 seconds. Straighten your fingers back to the start position. Repeat 10 times; switch hands.

**Finger Stretch:** Lay hand palm down on a flat surface with fingers together, stabilizing the wrist with the other hand. Spread all fingers, including the thumb, for 5 seconds. Close fingers together again. Repeat 5 times; switch hands.



# Cocktail of the Month 'April Shower'

Perfect to sip in the garden when the suns out or bring the sunshine into your home on a rainy evening...

...savour the April Showers Cocktail sit back and enjoy your cocktail.

## YOU WILL NEED:

- Ice
- 90ml Gin (Don't like Gin no problem swop for Vodka instead)
- 30ml Fresh Lemon Juice
- 1 1/2 Tablespoons Honey (Sugar Syrup is also fine)
- 180 ml Ruby Red Grapefruit Juice
- Cherries for Garnishing

## METHOD:

Combine the Gin, Lemon Juice, Honey & Grapefruit Juice into a Cocktail Shaker! Add ice to chill the mixture and shake well! Strain into a Classic Coupe Cocktail Glass but any stemmed glass would do. This is so you don't warm the cocktail in your hand as you can hold the stem and keep it nice & cool! Don't worry if the drink looks more Orange than Pinky Red as the colour can vary depending on the Grapefruit Juice used!



## From the Mountains of Japan

### No.21 - The Mountainous Retreat for Monkeys

Over twenty years ago, when I first came to Japan, following a small passage in my Lonely Planet guidebook, I took a train up into the mountains and got off at the last stop, followed a winding path through pine forest deep into a narrow gorge, and found myself at the near-deserted Jigokudani Onsen, a remote hot spring beside a mountain river where monkeys were known to visit.

A rundown visitor centre informed me of the area's history, and I enjoyed a stroll down to the riverside, over a little bridge and up to a single hot spring where a couple of monkeys were lounging in the water while a few dozen more wandered about. It was quite a unique experience.



Then, a few years later, a live-cam was installed, so that people could watch the monkeys online. It's popularity slowly grew. Two decades later, and the place is now experiencing some of the flood of tourism that the weak yen has brought pouring into Japan. The once-empty car park is now full of tour buses, and overpriced, under-quality restaurants line the approach road. People try to rent you walking sticks and crampons for a simple 2km walk along a mostly flat path. Signs outside the new shop filled with Chinese-made souvenirs outside the entrance warn of reporting you to immigration should you be caught littering.

Beneath the crowds, it's still the same. Apart from the entrance fee doubling, the park looks the same inside the entrance. There are not-so-subtle changes, though. Instead of warning you against feeding the monkeys, the staff now throw food into the hot spring so the hordes of tourists can get their Instagram photos.

Visiting again last weekend with a friend from down south, I found that it's still a pretty interesting place. However, I couldn't help but pine for the old days, when the park was so empty that you feared it might close down. With recent news reports suggesting that Kyoto might start charging higher prices for foreigners on local buses, while a boom in tourism has undoubtedly been beneficial for the Japanese economy, it has also come with a cost.



**Chris Ward**

# Lewdown Grouped Parish Council

## Coryton, Lewtrenchard, Marystowe and Thruselton

Abbreviated Minute No 798 of Ordinary Meeting

Held on Monday 23rd February 2026 at Lewdown Victory Hall

These minutes are provisional until they signed by the chair at the next meeting of the parish council

Present: Cllrs Yeo (Chair), Allison, Andrews, Metherell, Southcott, Wilkinson. Cllr Mott (WDBC), P. van Delft (clerk).

1. Apologies for absence: Cllrs Alexander, Mincher, Perkins
2. Members of the public open forum - None present
3. Declarations of Interest: Cllrs Metherell, Andrews, Southcott item 7 - Lewdown Victory Hall.
4. Minutes of previous meeting 797 being a true reflection of that meeting was approved and signed by the chair. Proposed Cllr Andrews, seconded Cllr Wilkinson, all in favour.
5. Cllr Mott (WDBC) reported of no new significance. Monthly reports will be emailed as usual.
6. Defibrillator - repairs and replacement - Mrs Nash advised that the replacement pads and battery are still on order and awaiting a delivery date. It was resolved that a defibrillator was needed urgently. Mrs Nash had applied for a free defibrillator from the British Heart Foundation and is waiting for a response, this could be up to 6 weeks. Cllr Southcott enquired if a new defibrillator would fit inside the existing box, this was not known. Cllr Southcott proposed to purchase a replacement defibrillator should the B.H.F. application fail.
7. Finance - 7.1 Payments were authorised for the following; Grants - Lewdown Recreation Ground Trust - ground maintenance £230.00, Lewdown Victory Hall - wipeable table cloths £139.00, Lewdown Victory Hall - Hall hire for PC meetings Jan - Dec 2025 £390.00, Motion proposed Cllr Wilkinson, seconded Cllr Yeo, motion carried. 7.2 R.F.O. reported a credit balance of £6,460.37 after payments in the current account and £15,896.47 in the deposit account. Proposed Cllr Southcott, seconded Cllr Wilkinson, motion carried.
8. Cllr reports - See 11. Highways
9. Play area updates
  - 9.1 Lease agreement - The lease is progressing through the various parties, the Recreation Ground Trust has signed their agreement, final signed agreement is expected soon.
  - 9.2 Planning application 3676/25/CLP for the Ramps play area has been Granted by WDBC.
  - 9.3 Play equipment - Cllrs Yeo and Perkins met up with the approved supplier of the play equipment 'Caledonia' to discuss the options available so that those options could be agreed. It was resolved that two options should be considered. Option one - Purchase equipment to cover the cost of the tower, mats and some items to the value of at least £10,933.26 ex vat so that full use of the S106 money can be made. Option two - to submit a National Lottery application for the remaining equipment. It was resolved to proceed with both options, proposed by Cllr Andrews, seconded Cllr Metherell, motion carried.
  - 9.4 Section 106 - update - The clerk informed that the deadline was coming near and that approved options to purchase the play equipment can be submitted to WDBC.
10. Councillor vacancies - two seats available for Marystowe Parish
11. Highways - Cllr Southcott informed that the drainage issues at Coryton Station appeared to be resolved. Cllr Metherell informed that the 40mph light at was not working, Cllr Andrews reported this problem with DH. Cllr Southcott informed that the Wig-Wag light on the Lewdown side of the school was not working correctly, DH had been contacted
12. Correspondence - Letters from Daras and James Grainger DCC councillor - Cllr Yeo suggested that a response to the letters should wait until the next meeting so that Cllr Alexander could also be engaged. Cllr Mott requested that copies of the correspondence is sent to her for her records.
13. Emergency plan - update - Cllr Southcott informed that this is still work in progress but would hope to have all the details updated for the next meeting. Cllr Mott informed that "Cluster Group Meetings" took place, details are available in the 'West Devon Matters' newsletters
14. Noticeboard repairs - Cllr Wilkinson informed that he had collected the damaged doors and sent them off to have toughened glass installed.

Date, place and time of next meeting Monday 30th March 2026, Lewdown Victory Hall, 7.30pm

# Reflections of a Steam Engine Fireman

On loan to Nine Elms loco again, they seem to be very short of fireman, so I am at Waterloo Station on a standard tank as station pilot this involves adding extra luggage vans for boat trains for passengers who were sailing from Southampton to New York, Cape town, India and Australia on Queen Mary and Queen Elizabeth, SS America. Canberra, Oriana, Southern Cross, Northern star and Transvaal Castle.



On station pilot you have a shunter to couple and uncouple, so no need

for me to get too dirty, a boat train arrives on platform 11 from Southampton with passengers from South Africa and we were instructed to remove a parcel van off the rear of the train.

While we are coupling up to the van, the parcel van in front of it must have had all their luggage, I had never seen that many porters assisting these wealthy people with their luggage, are they after a tip I wonder, all of sudden we have two armed policeman on the footplate and we pull away over the hump and reverse back into the bay platform between platform 11 and 12, the parcel van was a strongbox in disguise my driver informed me.

The police get off the engine when we arrive in the bay and the van is surrounded by police, we uncouple and pull away a short distance and by this time I was leaning out of the cab wondering what is going on.

The doors on the parcel van are open and inside it is a strongbox, a man from the Royal Mint approaches and opens the inside door with two keys, and a conveyor is fixed and gold bars are moving down towards a Royal mint van and when that was loaded another backed up for loading, I will never see that much gold in my lifetime again, my driver said there was 3 or 4 tons usually.

After they had unloaded, the vans move off with a huge police escort. And we carried on with our duties.

On the Friday of this week I was surprised when I signed on at Guildford, I had the same turn but my driver was a Guildford driver, who was also a fellow motor cyclist, a young driver Charlie Hampshire who later on in life went with me to the Isle of Man for the TT races, Charlie was a keen cyclist and we took our racing cycles to the TT and he was a keen walker and we did the Pennine Way long distant path and The Isle of Wight coastal walk.

I have some grainy photos of myself and Charlie in the bay at Waterloo with our tank engine.



Tom



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Concert

# Coronation Anthems - Handel Stabat Mater - Pergolesi

Saturday 25 April 2026 at 19:30

Town Hall | Tavistock | PL19 0AE

Mount Kelly Choral Society

Exeter Festival Chorus

Divertimento Ensemble

Directed by:

Dan Robson & Andrea Brown



Tickets availability is limited. £18 or free for U18s from:  
[www.ticketsource.co.uk/mount-kelly-choral-society](http://www.ticketsource.co.uk/mount-kelly-choral-society)

# Puzzle Page

Freestyle Chess: In freestyle chess, a player's eight pieces (not including the pawns) are randomly placed on the back row of the board, with some restrictions. Both players have the same arrangement, but the two bishops must be placed on opposite colour squares, and the king must be between the two rooks.

How many ways are there to place the two bishops on an empty back row of four black and four white squares?

Once the bishops are placed, how many combinations are there for placing the knights and queens?

What is the total number of arrangements for the back row, including the rooks and king? (The answer is a three-digit number n, and freestyle chess is also known as "Chess n".)

---

## QUIZ

Astronomers spotted five volcanoes simultaneously erupting on which moon of Jupiter? Ganymede / Europa / Io / Callisto

What is the name of the fastest-flowing glacier in Antarctica?

Pike Island glacier / Priest Island glacier

Polar Island glacier / Pine Island glacier

What is the name of the bonobo who was able to take part in a pretend tea party?

Boris / Charlie / Tanzi / Kanzi

In which amphibian can you find the psychedelic compound 5-MeO-DMT?

California river toad / Colorado river toad

Carolina river toad / Nevada river toad

Which fruit could be made to taste less bitter using CRISPR gene editing?

Pomelo / Cranberry

Lemon / Grapefruit

## Evil Sudoku

			9		
	2		3		
3	7	5	9	4	
4	6	3			
9		7		2	
			9	6	8
7		3	2	4	6
	6			2	
	5				

# March Answers

Brain Trivia: Octopus, Squid, Horseshoe Crabs

Who is the doctor: The doctor is the boy's mother.

What should the time be: 7:05

Guess the number: 34

Find the pig:



Will the scale:

It will tilt. It's because of the principle of Buoyancy. Although the two objects are of the same weight, when they are immersed in water they go through weight loss. And the weight loss is equal to the water displaced. So the larger object - the stone - will displace more water than the iron weight. So the scale will tilt.

Which glass will fill up first:

Glass 5 If you thought it is 6, it's wrong. Look at the pipes connected to beakers. The lower pipe connected with the first beaker is closed - the water won't go through it.

Evil Sudoku

5	1	4	2	8	3	6	9	7
6	2	9	1	4	7	3	8	5
3	7	8	5	9	6	2	1	4
4	6	7	3	2	8	1	5	9
9	8	5	6	7	1	4	3	2
1	3	2	4	5	9	7	6	8
7	9	1	8	3	2	5	4	6
8	4	6	7	1	5	9	2	3
2	5	3	9	6	4	8	7	1



# **EASTER Bingo**

**Lots of Chocolate prizes, Dinner and Cash Flyer**

**2<sup>nd</sup> April**  
**7.30pm Eyes**  
**Down 8pm**

**Lewdown**  
**Victory Hall**

**Everyone Welcome, proceeds going to the  
upkeep of Hall**

## Almond-Rolled Goats' Cheese: A meal suitable for vegetarians

### Ingredients for the beetroot:

250g/10½oz fresh beetroot  
salt & ground black pepper  
75ml/3fl oz olive oil  
1 tbsp balsamic vinegar  
watercress, to serve

### For the goats' cheese:

vegetable oil, for deep frying  
200g/7oz soft goats' cheese  
75g/3oz plain flour  
200g/7oz flaked almonds

### For the dressing:

200g/7oz fresh basil leaves  
75g/3oz smoked almonds  
1 garlic clove  
100g/3½oz parmesan  
100ml/3½fl oz olive oil

### Method: Preheat oven to 200C

Cut beetroot into cubes, place in bowl. Season well & drizzle with the olive oil. Place onto baking tray & roast for 30min until soft. Remove from oven & place into bowl. Drizzle with balsamic vinegar, stir to coat.

Half-fill deep, heavy pan with oil & heat until a breadcrumb sizzles & turns brown when dropped in. Cut goats' cheese into 8 pieces, roll into balls. Dredge balls in flour. Spread almonds out on plate & roll the cheese balls, pressing into cheese, to coat.

Add balls to hot oil & fry for 45 secs until golden-brown. Remove with slotted spoon & drain on kitchen paper.

For dressing, place basil, smoked almonds, garlic, parmesan & olive oil into food processor & blend until smooth.

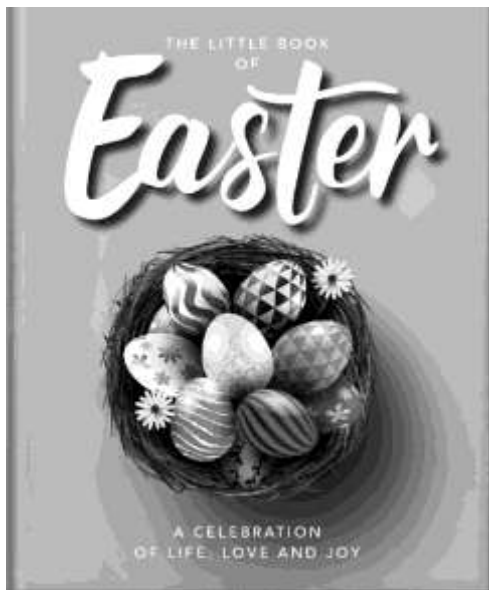
To serve, place small amount of watercress onto each plate & place a piece of deep fried goats' cheese on top. Place a few cubes of beetroot around the cheese and spoon over a little of the dressing.

By Simon Rimmer



## The Little Book of Easter

### A Celebration of Life, Love and Joy



Easter is celebrated by Christians around the world as a time of reflection and renewal, but it's also a much-loved tradition for millions who simply enjoy the fun, festivity and joy that the season brings.

Hop into the spirit of spring with A Little Book of Easter - a charming collection bursting with quirky customs, fascinating trivia and uplifting quotes that celebrate everything we love about this delightful time of year. Discover the surprising origins of the Easter Bunny, the meaning behind painted eggs and the many unique ways people across the globe mark the holiday.

Full of warmth, wonder and springtime magic, this little book is a lovely treat for your Easter basket - or someone else's!

*Publisher: Headline Publishing Group  
ISBN: 9781035436507*

# The North Tamar Mission Community



St. Mary the Virgin,  
Kelly with Bradstone

St. Mary the Virgin,  
Lifton

St. Nicolas,  
Broadwoodwidge

St. John the Baptist,  
Stowford

St. George,  
Thrushelton

St. Peter,  
Lewtrenchard

## Ministers

Lifton, Broadwoodwidge, Stowford, Lewtrenchard, Thrushelton & Kelly with Bradstone  
United Benefice

The Revd. Philip Conway, 01566 784462 [liftonpriest@yahoo.com](mailto:liftonpriest@yahoo.com)

The Rectory, Parsonage Court, Lifton PL16 0BJ

Milton Abbot Benefice

The Revd. Gill George, 07947 604160 [revgillgeorge@gmail.com](mailto:revgillgeorge@gmail.com)

The Vicarage, The Parade, Milton Abbot PL19 0NZ

## Churchwardens

Lifton - **St Mary's**

Mrs E Brown 01566 784386

Sarah Chandler

Broadwood - St Nicholas

Mr D Perkin 01566 776758

Stowford - St John the Baptist

Mr C Chick 01566 783223

Lewtrenchard - St Peters

Mrs A Westlake 01566 783909

Mrs R. Dawe 01566 788838

Thrushelton - St George

Mr A J Nash 01566 783274

Mr T Nash 01566 783320

Kelly with Bradstone - **St Mary's**

Mr W Kelly 01822 870249

Mrs L Hayward 01822870852

Marystowe - St Mary the Virgin

Amy Harrowell 01822 860181

Joy McSmythurs 01822 860630

Coryton - St Andrews

Mr G. Vicat 01822 820254

Mrs J Whitfield 07989 666427

## From the Parish Priest

Dear Friends

This is my Easter letter, and as such it should fizz with the Joy of all that Easter is about: The triumph of life over death, of joy over sorrow, and of light over darkness. That is God's truth! Unfortunately, as we are all too well aware, humanity finds this truth very hard to understand or follow, and we find ourselves, once again, in a world where death is celebrated, misery is promoted and darkness seems to be in control.

That is, most likely, how Jesus and his followers felt at the time of Jesus' betrayal and crucifixion. They were not the kind of people who could change the world. They were fishermen, tax collectors, ordinary men, who were not specially educated or prepared for leadership or world

domination, and yet through their experience and God's grace, that is exactly what they became, and they changed the world.

Thirty-nine years ago, I had the privilege of being one of the thousands of people at Durham Cathedral hearing Desmond Tutu, the then Archbishop of Cape Town, preach. This was during the darkest days of Apartheid, when he was leading the fight against the wicked oppression that was the law in his country. His communities were embattled against constitutional segregation and murder, and although many, around the world, were campaigning with and for him, there were also those who were happy for the status quo to carry on while it supported their own economic agenda.

What we all experienced that evening was a man of utter JOY. Not a false dislocated joy that just ignored the realities that he and his country were experiencing, but a powerful joy in God's love and grace that helped transform the darkness around him.

It is my fervent prayer, that as we celebrate the true Joy of Easter this year, we may harness its joy and power to be utterly transformational and show the truth of Light and joy that we celebrate in the resurrection of Jesus to the world that seems in so much darkness and sorrow at present.

With love and prayers,

Philip

## Service times for April Holy Week & Easter 2026

*Any updates will be posted on the Mission Community Website <https://north-tamar-churches.org>*

- |                   |                                                                                                                                                                                                    |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1st April</b>  | <b>Holy Week Eucharist &amp; Address</b>                                                                                                                                                           |
| 7pm               | <b>St Nicholas' Broadwoodwidge</b>                                                                                                                                                                 |
| <b>2nd April</b>  | <b>Maundy Thursday</b>                                                                                                                                                                             |
| 7.30 pm           | <b>Mission Community Solemn Liturgy for Maundy Thursday</b><br>with the Washing of Feet & Watch of the Passion<br>at St. Mary the Virgin, Kelly                                                    |
| <b>3rd April</b>  | <b>Good Friday</b>                                                                                                                                                                                 |
| 10am              | <b>Ecumenical Procession of Witness &amp; Reflection</b><br>Starting at Strawberry Fields. concluding at St. Mary the Virgin, Lifton                                                               |
| 2pm               | <b>Mission Community Liturgy for Good Friday</b><br>The Liturgy for Good Friday at St. George, Thrushelton                                                                                         |
| <b>4th April</b>  | <b>Holy Saturday (Easter Eve)</b>                                                                                                                                                                  |
| 7pm               | <b>Mission Community Easter Vigil at St. Peter's Lewtrenchard</b><br>Vigil of Readings, Lighting of the new Fire & Liturgy of Light,<br>Renewal of Baptismal Promises & First Eucharist of Easter. |
| <b>5th April</b>  | <b>Easter Day</b>                                                                                                                                                                                  |
| 9.30am            | <b>Festival Eucharist with Baptism</b><br>at St. Nicholas, Broadwoodwidge                                                                                                                          |
| 11.15             | <b>Festival Eucharist</b><br>at St. Mary the Virgin, Lifton                                                                                                                                        |
| 6pm               | <b>on the eve Saturday 11th April Vigil Office at Kelly</b>                                                                                                                                        |
| <b>12th April</b> | <b>Easter 2</b>                                                                                                                                                                                    |
| 9.30am            | <b>Parish Eucharist at Broadwoodwidge</b>                                                                                                                                                          |
| 11.15             | <b>Morning Prayer at Thrushelton</b><br><b>Parish Eucharist at Lewtrenchard</b>                                                                                                                    |

**19th April**      **Easter 3**  
                   **9.30am**    **Parish Eucharist at Lifton**  
                   **11.15**      **GIFT service at Stowford**  
                                   *A service for the very young and those who care for them*  
                   **6pm**        **Evensong at Kelly**  
                   **6pm**        **on the eve Saturday 25th April Vigil Office at Kelly**  
**26th April**      **Easter 4**  
                   **9.30am**    **Parish Eucharist at Thrushelton**  
                                   **Morning Prayer at Broadwoodwidge**  
                   **11.15**      **Parish Eucharist at Lewtrenchard**

**Wednesday Morning Eucharist: 10.30 at Lifton**

*There will be some occasions when the Wednesday Morning Service will be a service of Morning Prayer.*

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**Thursday 9<sup>th</sup> April 2026 at 7pm:**

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*All enquiries: [liftonpriest@yahoo.com](mailto:liftonpriest@yahoo.com)*

**Thank You - and Please Save the Dates**

A very sincere thank you to everyone who supported last month's **Pasty, Pudding & Pint Quiz Evening**. It was a great evening filled with laughter, friendly rivalry, and wonderful community support. We are extremely grateful to all who attended, helped organise, donated prizes or contributed in any way.

**St. Peter's Church Lewtrenchard Stained glass window restoration fund**

One of the beautiful stained-glass windows, at St Peter's Lewtrenchard, is in urgent need of restoration. The rain is getting through the window and has seriously damaged the internal wall and plaster. The restoration of the window is likely to cost in the region on £8,500.

We are currently in the early stages of fund raising to restore the window. This important restoration will preserve an historic feature of our church for future generations.

We are pleased to share details of the first of our fundraising events:

**Art in the Garden:** Monday 5th May & Monday 2nd June

**Boules in the Garden:** Thursday 10th July

Both events will be held in the gardens of Coombe Trenchard. More details will be shared soon.

If you would like to help with our fundraising efforts - whether by assisting at events, contributing ideas, or marketing, we would be delighted to hear from you. Please contact: [sarah@coombetrenchard.co.uk](mailto:sarah@coombetrenchard.co.uk)

# Bridestowe Methodist Church

## Preachers for April 2026

5th	A Banfield S	11:00
12th	J Hill	11:00
19th	US at CofE	09:30
26th	Bridestowe Worship Group	11:00

### St. Mary the Virgin, Marystowe

3rd April	11:00	Walk of Witness Marystowe to Coryton
5th April	06:30	Easter Sunrise Service
19th April	09:30	Breakfast Church

### St. Andrew, Coryton

3rd April	12:00	Children's Service
5th April	11:15	Easter Holy Communion
12th April	11:15	Matins
26th April	16:00	Holy Communion

Please see: [www.southtamar.church/calendar](http://www.southtamar.church/calendar) for details about services

## Quakers

Meeting for Worship:

### Tavistock

Every Sunday 10.00am.

4 Canal Road

Tavistock

Contact: Kay Nicholson

01822 614596

### Okehampton

Second Sunday 10.30am.

Fourth Sunday 10.30am

Second Sunday Children's Meeting

Ockment Centre

North Street

Okehampton

Contact: 01837 55805

## *Roman Catholic Services*

### **Tavistock**

Sunday 9.15am

Holy Days 10am

Fr. Greatbatch 01822 612645

(P. Sparling 01822 860355)

### **Okehampton**

Sunday 11.15am

Sunday 5.30pm

**Chagford** - Saturday 5.30pm

Fr. A. K. Gundabathina 01837 52229

[anil.gundabathina@prcdtr.org.uk](mailto:anil.gundabathina@prcdtr.org.uk)

### **Launceston**

Sunday 10.30am

Holy Days 7.30pm

Canon John Deeny 01566 773166



## Lewdown YFC

As we move into March, Lewdown Young Farmers have had a busy and enjoyable start to the year, with plenty more exciting events still to come!

### Upcoming Events

We have lots to look forward to over the next few months:

21st March - Traffic Light Disco

A fun social evening - wear red, amber or green and join us for a great night!

23rd March - Easter Bingo

Bring your friends and family along for an evening of bingo and Easter prizes.

11th April - Dinner & Dance

One of our highlight events of the year - an evening of good food, music and celebration. Keep an eye out for ticket information!

We're always welcoming new members, so if you're aged between 10-26 and would like to get involved, please get in touch.

**Thank you to everyone who continues to support Lewdown YFC - we couldn't do it without you!**

Lilly

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Bratton Clovelly



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## Milton Abbot Grouped Parish Council

Please see our website for lots of information about Milton Abbot, Chillaton, Bradstone, Dunterton and the surrounding areas, along with a list of the Parish Councillors

[www.magpc.co.uk](http://www.magpc.co.uk)



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Early Years Teacher  
Please phone for availability  
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of safe outdoor space.  
We accept 2p/week funding for 2 year  
olds and Early Years Education Funding  
for 3 year olds.

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Kindness  
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Friends of Low Trenchard C of E Primary School  
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# Lewtrenchard WI March Report

theWI  
INSPIRING WOMEN

Salons in Buckinghamshire, then moved to Devon some 30 years ago. She was juggling family life and other jobs when a chance offer to buy a salon in Okehampton came up. Ever up for a challenge, she bought the Salon, Moor Hair and has loved every minute despite the ups and downs one encounters owning your own business. Training in her days was much and demanding, with many the salon perfecting her craft. All the while cutting Sarah's hair, Paula took questions from the floor, like how do you cope with standing on your feet all day. This is beginning to take its toll, she is ok standing up but can't sit still for very long. Our hair really is a reflection of what is going on within our bodies, for example, the menopause can change your hair from frizzy to straight, illness and pregnancy influences your hair too. Half

an hour later, hair cut & dried, Sarah looked amazing ☺



We had an excellent turnout and one potential new member joined us for this evening all about hair.

**Barbara welcomed** our speaker Paula who started the evening cutting and styling our Sarah's hair.

Paula started off by talking about herself, how she got into hairdressing, but dipped in and out of it whilst trying other jobs, but somehow always found her way back to hairdressing. She had a couple of

more rigorous hours spent in

**Date & venue for next meeting: Monday April 13, 19:30, Lewdown Victory Hall  
Hidden Nature on Dartmoor with Paul Rendell**

## Dates for your diary:

- 16th April Coffee morning
- 25th April Centenary fundraiser 10am - 12pm Lewdown Victory Hall
- 27th April Fingers crossed for better weather so that walks can resume